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# NEWS RELEASE

For Immediate Release: 07/22/2019

## Cool Center at the Community Recreation Center

Beaumont, CA—The City of Beaumont encourages you to retreat from the heat and keep cool at the Community Recreation Center (CRC). The CRC, located at 1310 Oak Valley Parkway, is a designated Cool Center through partnership with Riverside County Community Action Partnership (CAP) and Southern California Edison.

Cool Centers serve as drop-in sites for vulnerable individuals, seniors, the disabled, and others in need of temporary relief from the heat. Cool Centers will open to the public, in affected areas, when the Riverside County Department of Public Health issues a “Heat Warning”.

Tips for staying cool:

- Drink plenty of water. Avoid alcohol and caffeine.
- Wear a wide-brimmed hat or use an umbrella for shade.
- Wear lightweight, light-colored, loose clothing.
- Slow down—rest in the shade or a cool place when possible.
- Never leave a child, the elderly, disabled person, or animal alone in a vehicle.
- Keep shaded areas with fresh water for outdoor animals.
- Check on friends and neighbors who are elderly, have medical conditions, or are at higher risk for problems when it is very hot.
- If you do not have an air conditioner, use a fan, make sure your windows are open, and visit a Cool Center.
- When it is hotter than 90°, visit a friend that has air conditioning in their home or a cool place like a mall, a library or a senior center.

Members of the public are welcome to visit the CRC Monday—Friday from 7:00 a.m. to 6:00 p.m. for a variety of free programs and activities. For additional Cool Center locations, hours and tips on how to protect yourself from heat related illnesses, please visit [www.capriverside.org](http://www.capriverside.org).

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